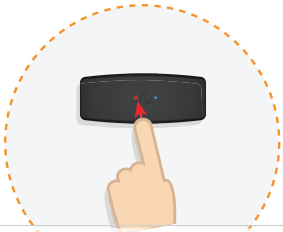
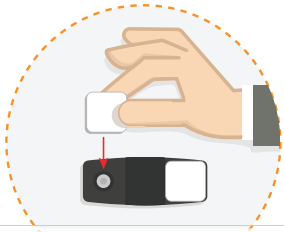
1 Power Device On



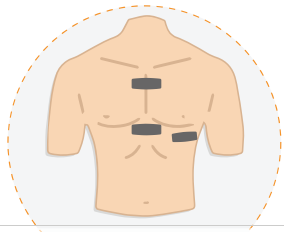
Locate the power icon and press firmly.
The light will blink when device is on.

2 Place Adhesives



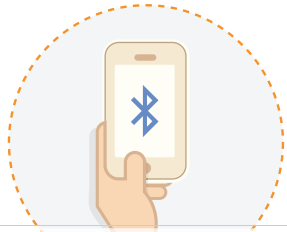
Snap adhesives into device.
Peel backing away and discard.

3 Position Device



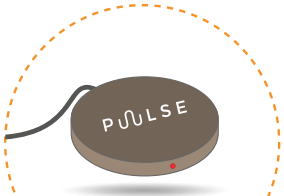
Position device as shown.
Firmly press adhesives against body.

4 Pair with App



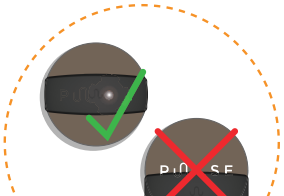
Download Puulse app and open.
Follow the on-screen instructions.

1 Power



Plug the supplied cable into USB power.
The logo side is top and must face up.

2 Placement



Place the device in the center of puck.
Solid light indicates device is charging.

PULSE™

LETS GET **STARTED!** GUIDE

FCC **NOTICE**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Modification or changes to this equipment not expressly approved by Vivomi, Inc. may void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a specific installation. If interference does occur to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult customer care, the dealer, or an experienced radio/TV technician for help.